# Roasted Root Vegetables

Hartford Public Schools, FCNS - 2018

**Grades:** K-12  
**Yield:** 40 or 80 portions

## Ingredients

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>40 SERVINGS</th>
<th>80 SERVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>WEIGHT</td>
<td>MEASURE</td>
</tr>
<tr>
<td>Carrots, diced, (medium)</td>
<td>5#</td>
<td></td>
</tr>
<tr>
<td>Turnip, diced, (medium)</td>
<td>2.5#</td>
<td></td>
</tr>
<tr>
<td>Sweet potatoes, diced, (medium) **</td>
<td>2.5 # **</td>
<td></td>
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<tr>
<td>Peppers red and green, diced (medium)</td>
<td>2.125#</td>
<td></td>
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<tr>
<td>Spanish onions, sliced</td>
<td>1 cup</td>
<td>2 cups</td>
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<tr>
<td>Crushed garlic</td>
<td>¼ cup</td>
<td>½ cup</td>
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<tr>
<td>Olive oil</td>
<td>1 ½ cup</td>
<td>3 cup</td>
</tr>
<tr>
<td>Dried rosemary (ground)</td>
<td>2 Tbsp</td>
<td>4 Tbsp</td>
</tr>
<tr>
<td>Salt (optional)</td>
<td>1 tsp</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Pepper, black</td>
<td>2 tsp</td>
<td>4 tsp</td>
</tr>
</tbody>
</table>

## Directions

1. Sanitize work area with bleach & water solution.
2. Wash hands.
3. Put on food service gloves.

### Cooking Methods:

1. Preheat oven to 400°F.
2. Wash the carrots, turnips, sweet potatoes, peppers and onions. Let drain.
3. Peel and dice the onions.
4. Dice the peppers.
5. In a large bowl add diced peppers, sliced onions and crushed garlic on top of the carrots, turnips and sweet potatoes.
6. Add the olive oil and mix all the vegetables together.
7. Add the rosemary, salt (optional) and pepper.
8. Mix all the ingredients together.
9. Split the mixture in half on two baking sheets lined with parchment (4 trays for 80 Serv.).
10. Spread the mixture evenly across the pan and place in the oven for 20 minutes in 400°F oven until lightly browned.
11. Transfer each tray into a 4 inch half pan and serve immediately. Using a 4 oz. spoodle generously fill a 6 oz. bowl.
### Serving Size

\[ \frac{3}{8} \text{ cup} \]

### Meal Pattern Contribution

- \[ \frac{3}{8} \text{ cup Red/Orange vegetable;} \]
- \[ \frac{1}{4} \text{ cup other vegetable} \]

### NOTES:

- 1 # Carrots, fresh, cooked and sliced = 8.16 (1/4 cup) portion (Red/Orange Veg)
- 1# Turnip, fresh, pared, cubed, cooked = 8.7 (1/4 cup) portion (Other veg)
- 1# Sweet Potatoes, cooked and sliced = 9.1 (1/4 cup) portion (Red/Orange Veg)
- Peppers, 1 lb. yields 9.8 servings of 1/4 cup diced
- Onions, 1 lb. yields 7.9 servings of 1/4 cup cooked sliced onion

** Butternut Squash can be substituted for the Sweet potatoes - 1 lb.
Whole Butternut squash yields 7.5 svgs of 1/4 cup cooked, cubed squash (Red/Orange veg); therefore, 2.75 lb. would yield 40 svg of 1/8 cup.

### HACCP/Serving Instructions:

1. Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F.

Recipe and Meal Contribution Review completed by Put Local on Your Tray.
SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.